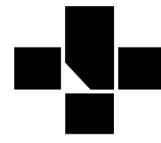


Help with grocery



**Alberta Health
Services**

Calgary | November 2015

shopping and cooking

This is a list of services in **Calgary** that can help when grocery shopping and cooking are too hard to do by yourself.

Things to know:

- **None of the services are free. Please call the service directly to ask for current prices.**
- Some of the services are for anyone. Some services are only for certain age groups.
- Sometimes people can get help to pay for some of these services. Please talk to the service to see if you can get help to pay for it.
- If it is hard for you to walk and you want to go to the grocery store, please call to make sure the service can take you.
- If you have a special diet, please call to make sure the service can help you meet your needs.

Please call each service to find out if their information is still correct or to ask any questions you have.

Getting to the Grocery Store

Access Calgary (403) 537-7770

How can they help?

They can pick you up from your house in a bus and take you where you need to go.

Who can they help?

People who can't use Calgary Transit. They will ask you questions to figure out if they can help you. Please call to learn how to apply.

How often can they help?

As often as you need.

Can they help me while I shop in the store?

No. They will only pick you up and drop you off.

Can they help me put my groceries away when I get home?

No. The drivers can't come into your home.

Help at the Grocery Store

All of these services can drive you to the store and help you while you shop. They can also help you put your groceries away when you get home.

Daughter on Demand

(403) 256-7887 www.daughterondemand.ca

Who can they help?

You must be at least 50 years old.

How often can they help me?

As often as you need.

Driving Miss Daisy

www.drivingmissdaisy.ca

Who can they help?

You must be at least 65 years old or have a disability.

Please contact them to see if you live in an area where they provide service.

How often can they help?

As often as you need.

TLC Driving Service

(403) 710-9996 www.withtlc.ca

Who can they help?

Anyone.

How often can they help me?

As often as you need.

Grocery Delivery

Kerby Centre Grocery Delivery

(403) 265-0661 www.kerbycentre.com

How can they help?

They go shopping for you and help you put your groceries away when they deliver them.

Who can they help?

- You must be at least 55 years old and have a health problem.
- If you are single, you must have a household income less than \$23,500 per year.
- If you are a couple, you must have a household income less than \$34,000 per year.

How often can they help?

Once every two weeks.

Do I have to be home when the groceries get there?

Yes.

S.P.U.D

(403) 615-3663 www.spud.ca

How can they help?

They deliver groceries and prepared meals that you order from their online store.

Who can they help?

Anyone.

Do I have to be at home when they deliver my groceries?

No. You can ask them to leave them on your doorstep or with a neighbour.

Help with Grocery Shopping and Cooking at Home

All of these services can drive you to the grocery store and help you shop. They can help you put your groceries away when you get home and they can help you cook meals in your home.

Calgary Elder Care

(403) 464-2455 www.calgaryeldercare.com

Who can they help?

Anyone.

How often can they help?

As often as you need.

Care to Share Senior Care

(403) 567-1923 www.caretoshare.ca

Who can they help?

You must be at least 65 years old. If you have a disability you only have to be 60 years old.

How often can they help?

As often as you need.

Classic Lifecare

(403) 242-2750 www.classiclifecare.com

Who can they help?

Anyone.

How often can they help?

As often as you need.

Global-Love Care

(403) 452 4555 www.globallovecare.com

Who can they help?

Anyone.

How often can they help?

As often as you need.

Home Instead Senior Care

(403) 984-9225 www.homeinstead.com/calgary

Who can they help?

You have to be at least 60 years old. Sometimes they can help adults who are a bit younger as well. Call them to see if they can help you.

How often can they help?

As often as you need.

Nurse Next Door

(403) 454-1399 www.nursenextdoor.com

Who can they help?

Anyone.

How often can they help?

As often as you need.

Right At Home Canada

(403) 869-8294 www.rightathomecanada.com

Who can they help?

You must be at least 16 years old.

How often can they help?

As often as you need.

Meals Delivered to Your Home

Cooking For You

(403) 266-5464 www.cookingforyou.ca

How can they help?

They deliver frozen meals that you order on their website, as often as you need them.

Who can they help?

Anyone.

How often can they help?

As often as you need.

Do I have to be home when the food gets to my home?

No. You can leave a cooler on your doorstep for the food if you won't be home.

Dashing Dishes

(403) 471-1395 www.dashingdishes.com

How can they help?

You need to order 8 meals or 12 meals at one time. You can pick them up or they can deliver them to you. You need to keep the meals in your freezer. The meals are raw so you need to cook them before you eat them.

Who can they help?

Anyone.

How often can they help?

As often as you need.

Do I have to be home when the food gets to my home?

If you are not home, they leave the food on your doorstep or in the lobby of your building.

Healthy Chef Delivery

(403) 265-2433 www.healthychefdelivery.com

How can they help?

They deliver meals to your home once a week that you can store in your fridge or freezer until you want to heat them up.

Who can they help?

Anyone.

Do I have to be home when the food gets there?

If you are not home, they leave the food on your doorstep

Meals On Wheels

(403) 243-2834 www.mealsonwheels.com

How can they help?

They deliver meals to your home that are ready to eat or heat up later.

Who can they help?

Anyone.

Do I have to be home when the food gets to my home?

Yes.

What are the different programs to choose from?

1. Lunch and Supper Program

They bring a lunch and supper meal to your home 3 to 7 times a week.

2. Frozen Entrée Program

They bring frozen meals to your home that you can heat up when you need them.

3. Chopsticks On Wheels Program

They work with the [Calgary Chinese Elderly Citizen's Association](#) to bring a prepared Chinese meal to your home, 3 to 7 days a week.

Meals Prepared in your Home

Dinners Done

(403) 813-1201 www.dinnerdone.ca

How can they help?

They buy groceries and use them to cook meals for you in your home. They put the meals in the fridge or freezer for you to heat up when you want to eat them.

Who can they help?

Anyone.

How often can they help?

As often as you need.

Please contact Nutrition Services at 403-943-6753 if you would like to have a copy of this handout sent to you by email, or if you need to update or correct the details for a service in this list.

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